

# Arkansas: Burden of Chronic Diseases, 1996

## Cardiovascular Diseases

- Of all states, Arkansas had the tenth highest rate of death due to cardiovascular diseases in 1996.
- Cardiovascular diseases were the most common cause of death, accounting for 42% of all deaths.
- Of all states, Arkansas had the sixth highest rate of death due to ischemic heart disease.
- Ischemic heart disease accounted for 5,647 deaths, or 21% of all deaths.
- Of all states, Arkansas had the second highest rate of death due to stroke.

## Cancer

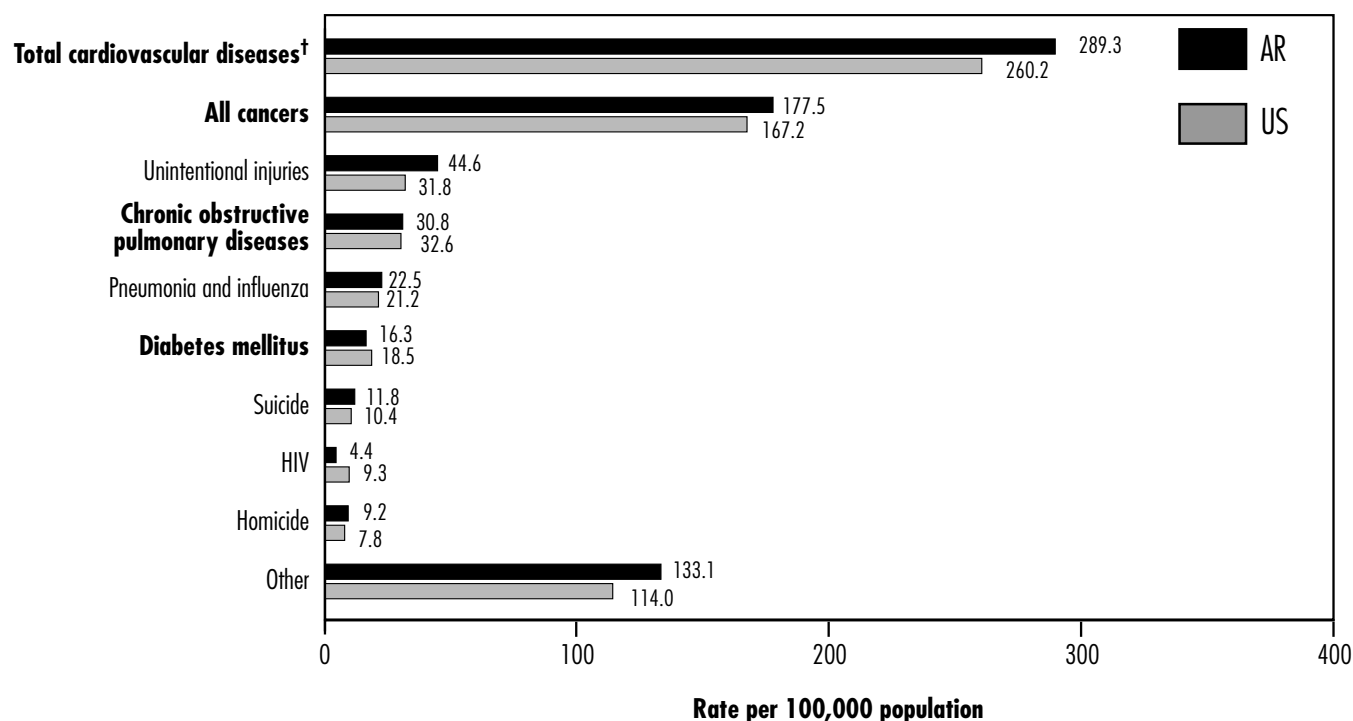
- Cancer accounted for 22% of all deaths in Arkansas in 1996.
- Of all states, Arkansas had the fourth highest rate of death due to lung cancer.

- The American Cancer Society estimates that 13,800 new cases of cancer will be diagnosed in Arkansas in 1999, including 2,300 new cases of lung cancer, 1,400 new cases of colorectal cancer, 2,400 new cases of prostate cancer, and 1,700 new cases of breast cancer in women.
- The American Cancer Society estimates that 6,400 Arkansas residents will die of cancer in 1999.

## Diabetes

- In 1996, 91,582 adults in Arkansas had diagnosed diabetes.
- Diabetes was the underlying cause of 577 deaths and a contributing cause of an additional 966 deaths.
- Rates of death from diabetes were 148% higher among blacks than among whites.

## Causes of Death, Arkansas Compared With United States, 1996\*



\*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (148.6 per 100,000 in Arkansas and 131.0 per 100,000 in the United States) and rates of death due to stroke (56.1 per 100,000 in Arkansas and 42.0 per 100,000 in the United States).

# Arkansas: Risk Factors and Preventive Services, 1997 and 1998

## Risk Factors Among Adults

- In 1998, 29% of men and 24% of women in Arkansas reported current cigarette smoking.
- Arkansas had the seventh highest percentage of adults who reported no leisure-time physical activity.
- Eating fewer than five servings of fruits and vegetables per day was reported by 78% of blacks and 71% of whites.
- According to self-reported height and weight, 64% of men and 47% of women were overweight.

## Risk Factors Among High School Students

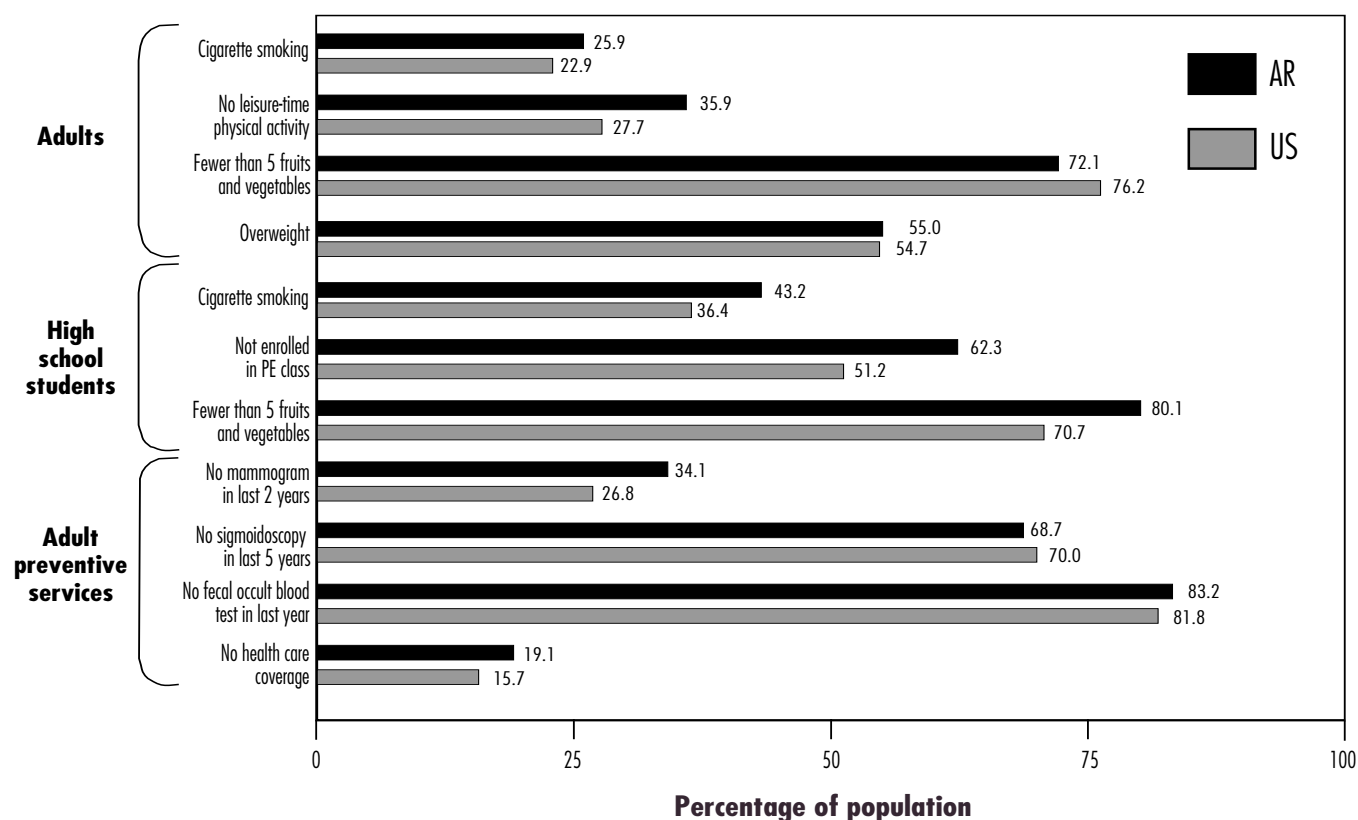
- In 1997, smoking cigarettes was reported by 48% of white students in Arkansas, compared with 29% of black students.
- Sixty-four percent of white and 59% of black students reported not being enrolled in physical education classes.

- Eating fewer than five servings of fruits and vegetables per day was reported by 83% of female and 77% of male students.

## Preventive Services

- Of all states, Arkansas had the second highest percentage of women aged 50 years or older who reported not having had a mammogram within the last 2 years.
- Arkansas had the third highest percentage of adults aged 50 years or older who reported not having had a sigmoidoscopy within the last 5 years.
- Arkansas had the fifth highest percentage of adults aged 50 years or older who reported not having had a fecal occult blood test within the last year.
- No health care coverage was reported by 24% of black and 14% of white adults aged 18–64 years.

## Risk Factors and Preventive Services, Arkansas Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.  
CDC, Youth Risk Behavior Surveillance System, 1997.